

Bangalore Mirror

TEMP Max 27 | Min 21 | Humidity 70%

Scattered Showers

Sensex 80,502 | Nifty 24,509 | Gold 72,702 | Silver 88,860 | Dollar 83.67 | Euro 91.11 | GBP 108.09



VENDOR CHECK

BBMP ready with app to count number of street vendors in city, mark their locations and identify them

PAGE 4



MESS STOP

Section of bus stop in busy area being used to park vehicles; skywalk on busy road in bad state too

PAGE 5

Development work is in full swing at Begur Lake. But contractors have not thought of setting up any proper shelter or sanitation facilities for labourers

WORK IN PROGRESS, CAMP IN THE ELEMENTS

Residents of area say BBMP did not make effort to remove encroachments before starting project

| Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

Residents around Begur Lake have written to the Bruhat Bengaluru Mahanagara Palike (BBMP) raising concerns about the ongoing development work and the unauthorised makeshift camp created for workers next to the lake premises. Locals say the workers brought in for maintenance work of the water body do not have proper shelter facilities, leading to various civic issues in the area.

"Workers have no protection from rough weather as the contractor has not provided sanitation facilities. There are nearly 10-12 makeshift tents that have come up inside the lake premises. They are surviving in poor living conditions. The contractor is obligated to set up a proper structure for workers, and BBMP should have ensured a better arrangement," said a resident.

What work is going on?

Locals say BBMP's Lake Department must provide a detailed report of the ongoing work plan and dedicate adequate resources to address issues such as encroachment, fencing, and restoration of the lake.

"There is no caution board or

CONTINUED ON PAGE 8 >>



“Various development works are going on inside the lake premises. We are developing walk paths and creating ornamental fencing. The work is in full swing and should be completed in a couple of months. Sometimes contractors do provide makeshift living arrangements for ground-level workers

—BBMP Lake Department official

Blaze daze

Panel formed to probe fire; all buses will undergo inspection, repairs if need be



| Sridhar Vivan
@timesofindia.com

TWEETS @sridharVMIRROR

The sudden increase in the frequency of fires in Bengaluru Metropolitan Transport Corporation (BMT) buses has raised concerns for the transport corporation. In a recent incident near Anil Kumble Circle, a fire broke out in a bus, leading to panic among passengers. The BMT's technical team investigated the incident and discovered that the fire was caused by a high flow of electricity while the bus was being started. However, the driver's quick action in evacuating the passengers prevented a major catastrophe.

Despite the fire being extinguished, the bus was completely destroyed, leaving only ashes behind. The technical team initially suspected a battery malfunction as the cause of the fire. Upon further investigation, they found that the damaged battery had led to a high current flow. This incident is the first of its kind, prompting the formation of a committee to conduct a thorough investigation.

An official said, "The committee will investigate the incident in detail and propose measures to prevent similar occurrences in the future. Following the committee's recommendations, all buses will undergo inspection, and necessary repairs will

CONTINUED ON PAGE 8 >>

3 THINGS TO DO

01 Captivating theatre



Bhoomija's acclaimed presentation of Girish Karnad's landmark play, *Tughlaq*, returns to captivate Bengaluru's audiences. The Kannada play is designed and directed by prominent Kannada theatre director S Surendranath. The play's scenography is by renowned stage designer, art director, and film director M S Sathyu. *Tughlaq* features a stellar cast comprising several popular Kannada television, theatre, and film actors. This play, which revolves around an eccentric ruler in Indian history and the events of that time, can never be irrelevant. Political strategies, religious intrigues, religiopolitical conflicts, and personal relationships are interlocked in the play.

Where: Ranga Shankara
When: July 27, 3.30 pm and 7.30 pm

02 Lifestyle exhibit



The exclusive sale of handloom, handicraft, jewellery, sarees and dress materials, khadi kurtas, suit pieces, and gifts is underway at the 'Grand Rajasthani Exhibition.' The exhibition is all about the use of traditional handloom skills to create contemporary lifestyle products. It brings together rural artisans from the eastern part of India, featuring vast collections of cotton and silk handlooms and handicrafts, Orissa tie and dye, dress materials, West Bengal cotton sarees, home decor and gift items, and many more.

Where: VV Convention Hall, Babusapalya
When: July 16 to 30, 10 am to 9 pm

03 Meeting perfect matches



Are you ready to embark on a journey to find your perfect match, driven by shared interests and like-mindedness? We, at Anonymously Yours, are thrilled to introduce the ultimate blind dating event in the heart of Bangalore, designed exclusively for the age 18+ crowd. Our unique matchmaking system carefully considers your interests, hobbies, and preferences to pair you with the ideal match. No swiping left or right, no endless scrolling through profiles. We do the work for you, ensuring that you meet someone who shares your passions and values.

Where: Cubbon Park metro
When: July 28, August 4 and 11, 3.30 pm

Centre issues guidelines to regulate coaching classes

As education falls under concurrent list, State and UT governments are also required to take further action by implementing appropriate legal framework

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

Central government is taking steps to regulate the growing number of private coaching centres across the country. During Lok Sabha discussion on Monday, Dr Sukanta Majumdar, Union Minister of State for Education, addressed concerns about these centres, including exorbitant fees, undue stress on students leading to suicides, and various malpractices.

On January 16, 2024, he said that the Ministry of Education circulated guidelines to States and Union Territories recommending an appropriate legal framework for regulating coaching centres. The guidelines suggest that students below 16 years of age should not be enrolled, or enrollment should only occur after the secondary school examination. The National Education Policy 2020 acknowledges the harmful impact of the current coaching culture and proposes reforms in the existing system of Board and entrance examinations to minimise the need for coaching classes. It emphasizes regular formative assessment for learning, rather than summative assessment and suggests introducing greater flexibility, student choice, and best-of-two attempts in assessments that primarily test core capabilities.

"The guidelines also state that



Pressure exerted on students to perform well can have detrimental effects on mental health

“ Regulation can help establish fair pricing structures, making quality education more accessible to all and keep check on various malpractices

—Siddesh, Educationist

coaching centres should conduct classes in a manner that is not excessive for students. Coaching classes for students who are also studying in institutions or schools should not be conducted during their regular school hours to ensure unaffected attendance and avoid the creation of dummy schools. Prior to the comprehensive guidelines issued on January 16, 2024, the government had requested State through letters and advisories in 2017, 2019, and 2020 to take necessary action for regulating coaching centers in their jurisdiction. As education falls under the concurrent list,

State and UT Governments are required to take further action by implementing an appropriate legal framework," Majumdar added.

Reacting to this, K Siddesh, an educationist said, "The rapid proliferation of coaching centres across the country has highlighted an urgent need for regulation to ensure quality, fairness, and the well-being of students. The lack of standardised guidelines means that many coaching centres operate without proper accreditation and this inconsistency can lead to significant variations in teaching standards,

leaving students at a disadvantage. Moreover, exorbitant fees charged by these centres often place a heavy financial burden on families, creating a barrier to access for many deserving students. Regulation can help establish fair pricing structures, making quality education more accessible to all."

He added that intense pressure exerted on students to perform well in competitive exams can have detrimental effects on their mental and emotional health. "Many coaching centres focus solely on academic results, often neglecting the holistic development and well-being of their students. Implementing regulations would ensure that these centers adopt a more balanced approach, incorporating mental health support and extra-curricular activities.

Surge in psychiatric emergencies among youth

Factors such as work-life balance pressures, financial anxieties, and societal expectations significantly contribute to this increase

Iffath Fathima
iffath.fathima@timesofindia.com

TWEETS @BangaloreMirror

A recent study reveals a concerning surge in psychiatric emergencies among young adults, underscoring the need for improved mental health resources and awareness across the country.

Conducted over seven months by Cadabams Hospitals, private mental health facility, the study highlights alarming trends. It indicates that the highest rate of psychiatric admissions is among individuals aged 30-40 years, accounting for 34.6% of cases. Those aged 20-30 years follow closely, making up 28.8% of admissions.

Dr Sunil, Director Facilitator at Cadabams Hospitals, expressed concern over these findings. He said, "The rise in psychiatric emer-



Early intervention is crucial to prevent these issues from escalating

gencies among young adults is alarming. Factors such as work-life balance pressures, financial anxieties, and societal expectations significantly contribute to this increase. Early intervention is crucial to prevent these issues from escalating."

The study also uncovers significant gender disparities in psychiatric emergency admissions. Men constitute 60% of these admissions, while women represent 40%. Neha Cadabam, Senior Psychologist and Executive Director at Cadabams Hospitals, said, "The stigma associated with mental health, espe-

cially among women, remains a significant barrier. Addressing this stigma and promoting open conversations about mental well-being is essential," she said.

The doctors pointed out the consequences of ignoring psychiatric emergencies. Without proper intervention, over 69% of patients face multiple negative outcomes, including self-harm, harm to others, property damage, and legal repercussions.

Region-specific data from the study provides further insight into the scale of the issue. In Karnataka, approximately 500 psychiatric emergency visits are recorded monthly, with Bengaluru alone accounting for about 200 of these visits. Nationally, India sees over 20,000 psychiatric emergency visits each month. These figures highlight the widespread nature of the mental health crisis and the pressing need for enhanced resources and support systems.

The increasing pressures of modern life, coupled with financial and societal challenges, are pushing more individuals into psychiatric emergencies. The significant gender disparities further complicate the issue, pointing to deep-rooted stigmas and barriers to care.

Many want to buy plots/homes in Mysuru

As Bengaluru's real estate prices continue to soar, many residents are now turning their attention to Mysuru, seeking plots or homes in the heritage city. The shift is driven by the escalating cost of land and housing in Bengaluru, making it increasingly difficult for many to find affordable options. Mysuru, with its attractive property prices and high quality of life, has become a better alternative.

Rajesh Kumar, a software engineer from Bengaluru said, "I have been searching for buying a second plot in tier two cities. After doing a lot of research, I have zeroed in on Mysuru. The property prices in Bengaluru have skyrocketed, and it's becoming increasingly difficult to find affordable options. Mysuru, on the other hand, offers more reasonable prices and a great quality of life."

Moreover, Mysuru is considered as a clean city. Mysuru also offers respite from Bengaluru's notorious traffic congestion. Hence, the charm of Mysuru lies in its ease of travel. Commuting within Mysuru is so much easier compared to Bengaluru.

Plus, Mysuru has a number of software and other companies, which means there are plenty of job opportunities. The presence of major com-



panies and the availability of jobs in Mysuru make it an attractive destination for professionals looking to relocate."

One of the reasons why many prefer Bengaluru is because of the salubrious climate. Now, many feel that as Mysuru also has a salubrious climate, it is more appealing. "The weather in Mysuru is just as pleasant as in Bengaluru, which is a huge plus for us. We get the benefits of a great cli-

mate without the hassle of the traffic", added Kumar.

Another highlight is the better connectivity. Sandhya Krishna, a techie said, "The improved connectivity between the two cities has played a significant role in this shift. The travel time by road between Bengaluru and Mysuru has been reduced to almost two hours, thanks to the upgraded highways.

Additionally, the introduction of

speed trains like Vande Bharat has further cut down travel time.

With the travel time reduced significantly, commuting between Bengaluru and Mysuru has become very convenient. This has made Mysuru a viable option for many Bangaloreans who still work in Bengaluru but prefer living in a less chaotic environment."

The demand for real estate in Mysuru has surged as a result. Developers are noticing this trend and are increasingly focusing on Mysuru for new projects.

"The city's combination of affordability, job opportunities, ease of travel, and pleasant climate is making it an attractive destination for those looking to escape the pressures of Bengaluru without compromising on the quality of life. I have already invested in two properties in Mysuru. The return on investment here is promising, and with the city's development trajectory, it's a win-win situation," added Krishna.

The migration trend is not only driven by individuals but also by families seeking a better environment for raising children. Mysuru's reputation as a cleaner and more organized city makes it an ideal place for families. "We moved here primarily for our children's sake. The schools here

are excellent, and the overall living conditions are far superior. We wanted our kids to grow up in a healthier environment."

Moreover, Mysuru's rich cultural heritage and slower pace of life appeal to those looking for a balanced lifestyle. The city is known for its palaces, religious places and cultural events, which offer a unique charm that is hard to find in the hustle and bustle of Bengaluru.

Living in Mysuru feels like a breath of fresh air. There's a sense of community here that we missed in Bengaluru. Plus healthcare is another factor influencing the move.

Mysuru boasts several reputed hospitals and medical facilities, ensuring residents have access to quality healthcare. This is particularly important for retirees and older individuals looking for a peaceful yet well-equipped place to spend their later years," added Nisha Patel, a businesswoman.

A real estate developer said, "The future looks bright for Mysuru as it continues to attract more residents from Bengaluru. With its affordable real estate, job opportunities, excellent connectivity, and high quality of life, Mysuru is poised to become a major hub in Karnataka."

-Prakash VL



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BBMP starts survey of street vendors finally

App created to mark location, photo, get accurate info on total number of vendors in city

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

After a gap of seven years, the Bruhat Bengaluru Mahanagara Palike (BBMP) has finally initiated the process of identifying street vendors in Bengaluru. A senior BBMP official said, "We have designed a special app to conduct a survey of street vendors, which will help us identify their location, photo, and address." The Central government enacted the Street Vendors (Protection of Livelihood and Regulation of Street Vending) Act, 2014, to safeguard the livelihoods of street vendors and regulate street vending. The Act mandates the formation of Town Vending Committees to ensure the welfare of street vendors.

BBMP Chief Commissioner Tushar Giri Nath said, "The aim is to get accurate information on the number of street vendors in the city. The survey of street vendors will be conducted as per the Street Vendors (Protection of Livelihood and Regulation of Street Vending) Act, 2014, and the Karnataka Street Vendors (Protection of Livelihood, Regulation of Street Vending, and Licensing) Scheme, 2020. The necessary staff will be deployed to conduct the survey in each zone, and the survey will be completed within a specified time frame. The officials have been instructed to identify the street vendors and geo-tag their locations using web and mobile applications. After the survey is completed, a detailed list will be submitted to the Town Vending Committee, and if



In the survey, a special app will help in identifying street vendors' location, photo and address

The move is expected to benefit the street vendors who have been facing harassment from local authorities and police, in addition to getting a licence

—BBMP official

there are any objections, they will be addressed and uploaded on the official website."

Officials explained, "In 2017, the BBMP conducted a survey of street

vendors and identified around 25,000 vendors. However, the survey was not completed, and the vendors were not issued identity cards. Earlier this year, the BBMP faced opposition from vendors' associations regarding a tender to conduct a 2022 survey, resulting in its cancellation. This time, the BBMP has decided to conduct the survey on its own, without involving private agencies."

"The BBMP has divided the city into eight zones and has prepared a separate app for each zone. The survey is expected to be completed soon. The move is expected to benefit the street vendors who have been facing harassment from local authorities and police. The identification of

street vendors will help them access various welfare schemes and benefits," added a senior BBMP official.

According to estimates, there are over two lakh street vendors in the city. A team of 1,500 officials and staff will be formed to conduct a survey of all areas within a span of two months.

"The survey work will begin soon in the RajaRajeshwari Nagar zone. The BBMP officials and staff will conduct the survey themselves, and a special app has been developed for this purpose. The move is expected to benefit the street vendors who have been facing harassment from local authorities and police," added the official.

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Problems in your area?
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Pedestrians' risks
Marathahalli



The foot over bridge at Spice Garden bus stop, Marathahalli, urgently requires attention. The platform is broken, pipes are half damaged, and vegetable vendors discard rotten vegetables and fruits on both sides of the FOB.

Unmanaged traffic
Electronic City



At Atal Bihari Chowk in Electronic City Phase 1, a roundabout, the absence of traffic police leads to vehicles coming from the wrong direction, causing severe daily traffic jams.

ACP Traffic visits spot, clears footpath



Assistant Commissioner of Police (Traffic - South) visiting the footpath near Rajathagiri Hotel on Monday morning

Footpath in front of hotel was riddled with parked vehicles, forcing pedestrians to use the road, which was covered by BM on July 22

Y Maheswara Reddy
c-y.reddy
@timesofindia.com

TWEETS @BangaloreMIRROR

Assistant Commissioner of Police (Traffic) along with traffic police inspectors visited the spot in front of Rajathagiri Hotel at Vajarahalli on Kanakapura Road on Monday morning and ordered removal of vehicles parked on the footpath.

"I have taken measures to ensure the footpath is free from parking of vehicles for the benefit of pedestrians. I have instructed a traffic police sub-inspector to keep a vigil on those parking vehicles on the

footpath," said the ACP (Traffic - South).

Bangalore Mirror published a story - Path of clutter - on July 22 narrating how the pedestrians are compelled to walk on the busy road as vehicles are parked on the footpath illegally. The residents of Vajarahalli have blamed the BBMP authorities for becoming oblivious to the violation of building bylaws. They also demanded the BBMP authorities, especially the Town Planning Department, to inspect such buildings that have violated the norms.

"We are contemplating to file a petition or a case against the BBMP authorities under the Prevention of Corruption Act for either not taking action for violation of building bye laws or allowing such buildings

without parking facility," said VK Srivatsa, Secretary of Change Makers of Kanakapura Road.

Meanwhile, the BBMP Deputy Director of Town Planning Department has said that he would visit the building to verify whether it has the sanctioned plan and check why the building has no parking facility in the basement, adding that "If the owner of the building got plan sanctioned by the Town Planning Department, we will initiate action against him. If the owner constructed the building without an approved plan from the Town Planning Department, it is the responsibility of the BBMP Subdivision of that respective area to take action against the building owner."

Improper parking
Frazer Town



A car is parked in a prohibited area and on a footpath, obstructing pedestrians from passing along Haines Road in Frazer Town. Authorities appear inactive in enforcing regulations against such behaviours.

Needle in stomach: ₹5L after 20 yrs

A Bengaluru-based woman has been awarded a compensation of Rs 5 lakh by a consumer forum nearly 20 years after a 3.2-centimetre surgical needle was left in her body following surgery at a private hospital.

The Karnataka State Consumer Disputes Redressal Commission has directed the hospital and two doctors to pay Padmavathi, a resident of Jayanagar, Rs 50,000 as litigation expenses. It has also directed New India Assurance Co. Ltd., which had issued a policy covering the hospital expenses, to pay her Rs 5 lakh for "the professional and medical negligence caused."

The then 32-year-old woman un-

derwent surgery on September 29, 2004, at Deepak Hospital, where two doctors allegedly performed a hernia operation. Her appendix was also removed during the surgery, according to the Commission's order last month.

The following day, she complained of severe pain and was prescribed painkillers, with assurances that it was post-surgery discomfort that would resolve. She suffered acute stomach and back pain for several years and was admitted to the same hospital twice later, the order noted.

In 2010, Padmavathi approached another private hospital, where a scan revealed a foreign body in her



abdomen and back. She was advised to have the surgical needle removed. She underwent surgery to remove

the 3.2 cm needle and subsequently filed a complaint with the consumer forum the following year.

Consumer forum asks pvt hospital, insurance company to pay damages for medical negligence during abdomen surgery

The forum noted that the complainant, aged 32 at the time of the surgeries and needle removal, suffered severe pain and inconvenience until the needle was removed. Consequently, she is entitled to a "global compensation" of Rs 5 lakh. The insurance company, New India Assurance Company Limited, is directed to pay this amount, while the two doctors are liable to pay Rs 50,000 in litigation expenses to the complainant. —PTI

Space jam: Bus stop too has turned parking lot

BMTC commuters struggle as portion of shelter used to park push carts, vehicles; poor maintenance plagues skywalk in busy area too



Private vehicles parked at the bus shelter opposite Gopalan Mall on Mysore Road; Right: The condition of the elevator

I Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

Bus shelters are intended for people waiting for Bangalore Metropolitan Transport Corporation (BMTC) buses and should be free from illegal occupations or private vehicle parking. However, BMTC commuters are facing significant problems due to the poor maintenance of the bus shelter located opposite Gopalan Mall on Mysore Road.

With most of the space at the bus shelter occupied by illegally parked vehicles, it has become

difficult for BMTC bus drivers and commuters. A portion of the space near the bus shelter is being misused for parking vehicles and keeping pushcarts. This is an important and busy bus shelter because many people, especially from middle-class families, wait here to board BMTC buses after shopping at Gopalan Mall situated on the other side of the road. "There are two bus shelters here. One of them is in poor condition and is being used for parking," said Krishna N, a BMTC commuter.

Skywalk dismay

The Bruhat Bengaluru Mahanagara Palike (BBMP) has

constructed a skywalk with lift facilities on both sides, but not many people are using it due to a lack of awareness. It was inaugurated by KJ George, the then Minister for Bangalore Development, on May 2, 2016. BZ

There are two bus shelters here. One is in poor condition and is being used for parking vehicles

—Krishna N, a BMTC commuter

Zameer Ahmed Khan, a Member of the Legislative Assembly (MLA) of Chamaraipet, presided over the function. "I visit Gopalan Mall to shop. I have been using the stairs instead of the lift as it was not functioning," said Shyamala S, a resident of Chamaraipet.

The BBMP can maintain the skywalk as it is generating revenue. One can see a huge banner of a public sector bank on the skywalk. "It is a very important skywalk that is being used by hundreds of people who visit Gopalan Mall. I want the BBMP authorities to have a security guard to guide the pedestrians or operate the lift," opines Mohammed Sharief.

Meanwhile, the BBMP Executive Engineer (Traffic Engineering Cell) has said the lift is working. "I will direct my subordinates to fix this problem. As far as the parking of vehicles at the bus shelter is concerned, I will inform the traffic police to remove those vehicles parked illegally at the bus shelter," said the BBMP executive engineer.

However, the BBMP Assistant Executive Engineer (Traffic Engineering Cell) said the lift of the skywalk is being monitored on a daily basis. "The guard or lift operator might have gone to the toilet. The public, especially those who can't use the stairs of the skywalk, must use the lift," said the assistant executive engineer.

IN BRIEF

Dress code guidelines for malls and public places soon

Following the recent incident where a farmer in a dhoti was denied entry to GT Mall, the government will soon issue guidelines allowing all types of dress.

Deputy Chief Minister DK Shivakumar on Monday condemned the denial of entry to a dhoti-clad farmer into a mall and said that the government would bring out guidelines to include traditional dresses.

"We will bring out guidelines to include traditional dresses like panche, dhoti, and others so that malls and other places can't impose entry restrictions based on certain dresses. We will ensure such in-

cidents don't repeat in the State," he told the Legislative Assembly.

"There was a discussion on this issue on Friday, but I could not participate. I am giving a statement on this now," he added.

"The mall was issued a notice regarding the denial of entry to the farmer and was locked down due to non-payment of taxes. The mall has issued an apology and has also paid the outstanding property tax," he said.

JDS Legislative Party leader Suresh Babu appealed to the Deputy CM to look into the practices of some clubs that don't allow entry to people with sandals and dhoti. **BMB**

Land shortage strains public services in Karnataka

Karnataka Revenue Minister Krishna Byre Gowda on Monday said that, having granted land for various purposes over the years, the government is now struggling to find space for new cemeteries, playgrounds, hospitals, and other public services.

"Look at the situation we're in: the government has to buy land for cemeteries. Last year alone, the government spent Rs 50 crore to acquire land for cemeteries. Having repeatedly granted land for various purposes over the years, we now find ourselves in a position where we need to purchase land for cemeteries," he lamented.

Additionally, there is no space to provide playgrounds for children, establish power stations, hospitals, or anganwadis, Gowda said in response to a question from Harihar BJP MLA Harish B P during 'question hour' in the Legislative Assembly.

By allocating the limited land available with the government, the situation has reached a point where there is a shortage of land for public utilities, cemeteries, schools, and anganwadis. Deputy Leader of the Opposition Arvind Bellad suggested that proper urban planning could address the cemetery issue. **PTI**

Govt evaluates 14-hour workday bill for techies

Minister urges public debate as K'tata faces pressure from IT firms to increase daily working hours for software professionals; KITU raises concerns over impact on employee well-being

Karnataka Minister for Labour, Santhosh Lad, stated on Monday that the government is under pressure from the IT industry to introduce new legislation proposing additional work hours for tech professionals but is still evaluating the matter.

He clarified that the government is still assessing the Bill that would allow software professionals to work for 14 hours a day. Speaking to reporters at Vidhana Soudha, Minister Santhosh Lad said, "The Bill has come to us because of pressure from the IT industries; it is not the IT Minister (Priyank Kharge) himself who has come up with this idea. The industrialists are pressuring us for this. Since the pressure is from the industry, the Bill has come to us, and we are still evaluating it from the labour department's perspective."

"Now, the question is, I want all industrial heads to discuss it as the issue is in the public domain. People are free to express their opinions. I want all the major stakeholders to

“The pressure is from the industry, the Bill has come to us, and we are still evaluating it from the labour department's perspective

—Santhosh Lad,
Minister for Labour, Karnataka



debate this. Since the matter has come to the public, there has been dissent among IT employees. I want people to share their opinions. Based on this, we, as a department, will definitely look into the issue," he stated.

When asked about the personal and social life of IT employees, he responded, "IT heads and leaders of big companies in the country need to discuss this. They will come forward for discussions over these issues, right? Let IT companies, owners, and directors come forward

and discuss whether it is necessary or not. Now, the dissent is coming from the union, isn't it? Why don't the IT heads talk about it? Whether the feedback is positive or negative, the government will look into what needs to be done," he stated.

"Because it is an IT industry concern, we are addressing it. Nothing has been done suo moto by any department; neither has the IT minister acted independently. The pressure has come to the government from the IT industry. The government has done nothing on

its own. The government and my department, in our wisdom, will make a decision," he assured.

"My request and appeal to everyone is to give their opinion because it is in the public domain," he appealed.

The Karnataka State IT/ITes Employees Union (KITU) expressed its concerns over this potential change, highlighting the significant impact it would have on employees' mental and physical health and their work-life balance.

—IANS

Sewage overflows in Junnasandra

Iffath Fathima
iffath.fathima
@timesofindia.com

TWEETS @BangaloreMirror

Residents of Junnasandra Village are grappling with a severe sewage overflow issue that has left sewage water flowing on the roads. Despite the obvious health hazards, local authorities have yet to address the problem, causing frustration and concern among the residents.

Ashok Mruthyunjaya from the Aam Aadmi Party (AAP) criticised the Bruhat Bengaluru Mahanagara Palike (BBMP) for its negligence. "People of Bellandur have been made to walk on sewage water by the BBMP. The simple task of cleaning the drainage and covering it to ensure garbage is not put into the drainage is not happening. The local MLA, Mrs Manjula Limbavali, who takes credit for inaugurating BBMP processes, goes missing when it's time to take accountability. In the end, taxpayers have to go through this civic apathy. I strongly urge BBMP to clean these drains immediately and save people from further diseases," he said.

Residents are particularly worried about the potential health hazards posed by the stagnant sewage water, especially with the recent increase in dengue cases in Bangalore.

One resident said, "We are very concerned about the health risks. The stagnant water could be a potential breeding ground for mosquitoes, and with dengue cases on the rise, we are afraid this could turn into a serious issue."

Another resident added, "It's disheartening to see that our issues are not being taken seriously. We pay taxes and expect basic civic amenities, but it seems like we are being ignored."

BM Trippin' Tales

Consumer Connect Initiative

Gaganachukki & Bharachukki spring back to life

Sridhar.Vivan@timesofindia.com

TWEETS @sridharvMIRROR

Most of the waterfalls that had nearly dried up have now sprung back to life, thanks to copious rainfall. The Cauvery River is flowing at its peak due to the abundant rainfall in its catchment areas, bringing the Gaganachukki and Bharachukki waterfalls to their full glory. The crest gate of the Kabini reservoir has been opened, allowing water to flow freely into the river, while water is also being released from the Krishna Raja Sagar reservoir. For those who love to see the splendour of waterfalls, now is the time to make the most of it.

Shivanasamudra is home to two waterfalls: Gaganachukki and Bharachukki. Here, the Cauvery River



Gaganachukki & Bharachukki Falls

navigates through the rocks and ravines of the Deccan Plateau before dropping off to form the waterfalls. This creates the fourth-largest island in the river's course. A group of ancient temples is located here, suggesting the presence of a village in the past. Shivanasamudra is a perfect example of segmented waterfalls, which

occur when the water flow is divided into two or more channels before plunging over a cliff, resulting in multiple side-by-side waterfalls.

The falls have an average width of 849 meters, a height of 90 meters, and an average volume of 934 cubic meters per second. The maximum recorded volume is an impressive 18,887 cubic meters per second. It is a perennial waterfall, with the western branch forming the twin Gaganachukki Waterfalls and the eastern branch creating the Bharachukki Falls. Notably, Asia's second hydroelectric power station, after Shimshapura, is located at the waterfall and is still operational. This station was commissioned by the Dewan of Mysore, Sir K. Seshadri Iyer, and the power generated here was initially used in the Kolar Gold Fields, making it the first town in Asia to receive hydroelectricity.

PUBLIC NOTICE

By: MR. ABDUL RAFFEEKH

Managing Director, CENTURION GROUP OF COMPANIES

No. 19/1, 2ND FLOOR, CSI COMPOUND, OFF MISSION ROAD, BANGALORE

General public especially residents of Kenchenally village, Yelahanka hobli, Bangalore are hereby informed that I had sold my revenue lands in Survey No.34 New No.34/2 and 34/3) measuring four acres in Kenchenally village, Yelahanka hobli, Bangalore, on 14.07.1997 itself through my registered power of attorney holder Mr. Suraj B Chabria (dt.25.1.1997) to purchasers MRS. ANJU AHUJA and N.D. MOTILAL. The RTC/Pahani of this land has been transferred to their names. As on date, these lands in Survey No.34 (New No.34/2 and 34/3) are owned by subsequent buyers MR. G. VENKATARAMANA AND UMA VENKAT.

Along with me, MR. MARIAPPA, (who died on 19.03.2004), land owner of survey no.33 (new no.33/1, 33/3 and 33/5) measuring six acres in Kenchenally village, Yelahanka hobli, Bangalore had also sold his lands to Mr. SHAM SUNDAR BHATIA, on 20.01.1996 itself. As on date, these lands owned by subsequent buyers MR. AZMATH ULLAH KHAN, MR. G. VENKATARAMANA AND UMA VENKAT. RTC/pahani are transferred to their names.

General public are hereby cautioned that one Mr. Saleem S/o Fakrudhin has created GPA dt. 20.06.1998 of mine and Late Mariappa and with the help of office bearers of M/s Sainik Vihar Residents Association, they are selling sites showing fake/bogus/void documents. They are trading in sites since 2006.

I have not given any GPA to Saleem or his associates and Mariappa giving GPA after sale of his lands on 20.1.1996 is VOID and his signature in GPA dt.20.6.1998 (claimed by Saleem and others) is visibly different. Both of us have sold these lands during 96-97 year itself. As such, I or Mariappa are not the land owners as on date of GPA's created by fraudsters. Almost all the petitions filed by sale deed holders of fake GPA vendors were dismissed by Honourable court. SO PLEASE BUYER BEWARE.

The present land owners have obtained restraint orders under OS 125/2020 and 126/2020 before Sr. civil judge, Bangalore and they are in possession of property with title. Any person dealing with sites / lands in survey No.33/1, 33/3, 33/5, 34/2, 34/3, Kenchenally village, Buwaneswari ward, Yelahanka, Bangalore will be treated as TRESPASSERS/UNAUTHORISED RESIDENT and will be prosecuted.

Economic Survey 2023-24

China tilt for minerals can prove thorn in India's flesh

Survey points to dangers of looking to neighbour for crucial raw materials needed for e-mobility

India needs to recognise and address challenges posed by its dependence on China for critical minerals and examine the implications of phasing down coal on bank balance sheets as it accelerates its green transition, the government's Economic Survey 2023-24 tabled in Parliament on Monday said.

As part of its national plan to contribute to meeting the global goal of limiting the average temperature rise to 1.5 degrees Celsius, India has committed to reducing emissions by 45 per cent below 2005 levels by 2030, achieving 50 per cent cumulative electric installed capacity from non-fossil fuel-based energy resources, and creating a carbon sink of 2.5 to 3 gigatons of CO₂ equivalent through additional forest and tree cover.

The consolidated report on the state of the economy in the previous year highlighted the need to "recognise and deal with challenges posed by dependence on China for critical minerals, which are crucial raw materials needed for e-mobility and renewable energy generation."

It also emphasised the need to examine the implications of phasing down coal for balance sheets and estimate the impact of phasing out coal-fired thermal plants on the freight revenues of the Indian Railways.

Over the years, India has faced increased pressure from some developed countries to rapidly "phase down" unabated coal power at international forums, especially the annual UN climate conferences.

In Glasgow in 2022 and Dubai in 2023, India strongly defended the coal interests of the Global South, arguing that developed na-



India relies on coal for about 70 per cent of its power generation and has face pressure to phase it down

tions historically responsible for climate change should not hinder the development of the Global South.

India relies on coal for about 70 per cent of its power generation.

The economic survey said India needs to develop or acquire storage technology at affordable costs for renewable energy in power generation, and to increase and account for the opportunity cost of land and capital being used for such energy, given that the country's "needs for land and capital far exceed their availability."

The country also needs to decide on the role and share of nuclear en-

Geopolitically, the thrust on renewable energy and electric vehicles has set off a race to secure critical minerals and rare earths

—Survey document

ergy in its energy mix, it said.

"Geopolitically, the thrust on renewable energy and electric vehicles has set off a race to secure critical minerals and rare earths. China has

positioned itself as an indispensable source of several of these materials.

Securing supply in crunch times is a matter of concern," the document said.

The economic survey quoted Ed Conway, author and Economics Editor of Sky News, who said that the world might need more copper in the next few decades than it has ever used since the metal was discovered. "Not just copper, but other metals will also be in short supply. The price of energy transition will be too much for most nations. It will only get worse."

—Agencies

IN BRIEF

Just 12% of encroached forest area recovered

Up until March 2024, Karnataka lost over 95,933 hectares of forest land to encroachment. However, just a little over 12% of this encroached area has been recovered so far.

Over 1.25 lakh encroachment cases have been registered in the state. Out of these cases, the Karnataka Forest Department (KFD) has been able to handle a little over 7,000 cases so far and has evicted encroachment on 11,677.4 hectares of forest land. Still, over 1.18 lakh cases are pending, and the total forest area in the state under encroachment is 84,256.35 hectares.

These numbers were presented by Karnataka Forest Minister Eshwar B Khandre during the ongoing Karnataka Legislative Council session on Monday.

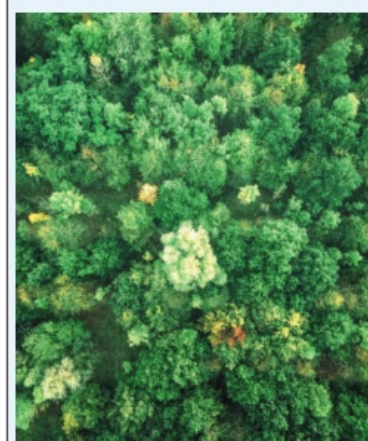
Of the 30 districts, Shivamogga lost the highest amount of forest land to encroachment (83,801.13 acres) through over 50,000 cases. However, encroachment has been evicted from just over 3,000 acres of forest area. A whopping 80,775.08 acres in the district is still encroached. Experts say even though the number of forest encroachment cases is on the rise, forest officials are not being held accountable.

"Except for a few cases of eviction in Bengaluru and a couple of other districts, not much is happening. While lower rank officers are being made the scapegoats, higher officials in the department are rarely held responsible for dereliction of duty. The Forest Minister should use this number and hold circle heads, Deputy Conservator of Forests Officers (DCFOs), Assistant Conservator of Forest (ACFs), and Range Forest Officers (RFOs) accountable. These are the officials that play major roles in forest encroachment and evictions," said a city-based wildlife conservationist.

Some environmentalists also raise concerns about the exact extent of forest land under encroachment. They opine that the state's forest should be mapped and encroachment data should be deduced using satellite imagery by agencies such as the Forest Survey of India (FSI).

"More often than not, forest encroachment cases do not get registered, and thus the official extent of encroachment based on registered cases might be much less than the actual encroached area. FSI and other national agencies should take note of this issue," said an environmentalist.

—Garima Prasher



Focus now on healthy diet, mental health

If India has to reap the gains of its demographic dividend, the government and the public at large need to accord healthy eating and mental health the attention they deserve, the Economic Survey 2023-2024 tabled in Parliament on Monday has said.

The survey, a consolidated report on the state of the economy in the previous year, further acknowledged that mental health is a less seen and discussed issue, yet it is an impactful driver of individual and national development.

There is a need to bring about a paradigm shift and utilise a bottom-up, whole-of-community approach in addressing the topic of mental health, said the report.

It is critical that its population's health parameters transition towards a balanced and diverse diet, the report emphasised.

In its latest Dietary Guidelines for Indians which was published in April 2024, the ICMR estimates that 56.4 per cent of the country's total disease burden is due to unhealthy diets.

The report observes the upsurge in the consumption of highly processed foods laden with sugars and fat, coupled with reduced physical activity and limited access to diverse foods, exacerbates micronutrient deficiencies and causes overweight/obesity problems, the survey document said.

Estimates show that India's adult obesity rate has more than

Report notes upsurge in consumption of highly processed foods laden with sugars and fat

tripled, and the annual rise in children's obesity is the steepest in the world, only behind Vietnam and Namibia, according to the World Obesity Federation.

The National Family Health Survey, 2019-2021 presents a very penetrating portrait of the health status of India's population. At the All-India level, the data shows that the incidence of obesity, as per NFHS5, is significantly higher in urban India than in rural India (29.8 percent vs. 19.3 percent for men and 33.2 percent vs. 19.7 percent for women).

Combined with an ageing population in some states, obesity presents a concerning situation. Preventive measures must be taken to enable citizens to have a healthier lifestyle, the survey report says.

The NFHS-5 Survey overlapped with the Covid-19 pandemic.

"Therefore, with restrictions on outside activities and lockdowns, sedentary lifestyles may have become more entrenched, resulting in the obesity proportion going up much more in NFHS-5. If the trend reverses in NFHS-6, it will be a healthy sign," the report said.

Sound mental health of children and adults is the foundation of their holistic development and a critical step towards ensuring quality economic growth, it said.

"This assumes urgency in the wake of rising prevalence of mental health issues in youth, attributable to academic pressures, social media, family dynamics, and socio-economic environment," the report said. It said the increase in mental health issues in children and adolescents is often linked to the overuse of the internet and, specifically, social media.

—PTI

Makeshift camps dot Begur Lake area



CONTINUED FROM PAGE 1

notice about the work being undertaken, and the lake premise with considerable ongoing work is open to the public. BBMP did not bother to consult locals on the development work, and thus there is no information about the work, contractor details, scope of work and timeline, escalation information, etc. The lake premise needs official contact details," said R Rajagopalan of Namma Kere Trust.

Residents have also raised the issue of the lack of action by BBMP for the removal of encroachment.

"Officials have made no efforts to remove encroachment on the lake property before commencing lake development work. As per Karnataka HC order, BBMP was supposed to prepare an encroachment survey report of all the lakes in the city and claim

the encroached area. This has not happened at Begur. To add to this, illegal fishing activities have also been reported, but authorities have remained silent about it," said another lake walker.

When BM approached BBMP officials, they assured the site would be inspected for any violation.

"Various development works are going on inside the lake premises. We are developing walk paths and creating ornamental fencing. The work is in full swing and should be completed in a couple of months. Sometimes contractors do provide makeshift living arrangements for ground-level workers.

As long as the temporary camp is not close to the working site, it is somewhat acceptable. We will conduct a check on this complaint," said a senior official from BBMP's Lake Department.

Police file FIR against 2 ED officers probing Tribal Welfare Board case

The Karnataka Police on Monday registered an FIR against the two Enforcement Directorate (ED) officers who are probing the Tribal Welfare Board case.

The FIR was registered by Wilson Garden police station in Bengaluru based on the police complaint by B Kallesh, former Managing Director of the Tribal Welfare Board and incumbent Additional Director in the Social Welfare Department.

"The ED officials had threatened Kallesh with arrest and subjected him to mental torture to confess that former minister B Nagendra, higher authorities of the government and the Finance Department had directed him to deposit money to the MG Road Bank. The ED said they would help him if he agreed to their statement," reads the FIR.

The Finance Department is held by the Chief Minister Siddaramaiah. The police have registered a case under the Bharatiya Nyaya Sanhita Sections 3 (5), 351 (2) and 352.

The FIR also said that Kallesh was called by the ED on July 16 and he attended the investigation at the ED office in

Shantinagar in Bengaluru. Kallesh had stated that he was asked 17 questions by the ED and he had given answers to all.

Among the 17 questions, he had told ED that to answer three questions, he needed files and junior officers. Assistant Director Murali Kannan attached to ED had recorded his statements.

The ED officer Murali Kannan had asked him to come to the ED office on July 18 at 2 pm and he would get the files and junior officers to the ED office. He had not provided any copy of the statement to Kallesh.

Instead, the ED had sought answers to additional questions. The ED officer had claimed that the transfer of money from the state treasury from the board to the MG Road Bank account was wrong. Kallesh claimed that he had clarified that as per the government orders he had created the bill and deposited the amount on March 25, 2023.

Kallesh had told police that the illegal transfers had started on Mar 5, 2023, and there was no lapse from his side. Instead of this, the ED officials threatened to arrest him and told him that he wouldn't get bail for two years. **IAN S**

BMTC bus fire cause baffles officials

CONTINUED FROM PAGE 1

be carried out to ensure passenger safety. The incident has raised concerns about the safety of passengers traveling in BMTC buses. The authorities have assured the public that they will take all necessary steps to ensure passenger safety and prevent such incidents from happening again."

Battery check

Sources in the BMTC said that the technical team that investigated the recent fire incident found that the battery installed in the bus was the cause of the fire. The team has now decided to inspect the batteries of all buses operating in Bengaluru. There are over 6,000 buses in the city, and the technical team will conduct a thorough inspection of all of them. The team will check the electrical system, braking system, and clutch system of each bus to ensure that they are functioning properly. If any defects are found, they will be rectified immediately. However, the team's negligence has led to such incidents in the past.

An official said, "The inspection of buses will be carried out in phases, and the team will start with the buses that are most prone to fires. The team will also conduct a thorough inspection of the batteries installed in the buses and replace them if necessary.

The BMTC has assured that it will take all necessary measures to prevent such incidents in the future. The technical team will take all necessary measures to ensure that such incidents do not occur again."

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personal

CHANGE OF NAME

I M R Anil Kumar S/O, M B Ravi R/o 1st Main Rd, B Narayanapura, BLR 16 have changed my name to Anil Kumar Vide Affidavit Dtd 11/07/2024



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I, MOHAMMED YOUSUF SHAIK ABDULLAH, R/a No.5, R K Block, Munireddy Palaya, JC Nagar, Bangalore-560006. I have changed my name to **MOHAMMED YOUSUF Vide** affidavit dated 22/07/2024 Sworn before Notary: Meer Hassan Bangalore

WE, Ajmal Pasha & Asfiya Begum R/at No. 65 1st Main, 1st Cross, Roshan Nagar Deepanjali Nagar, Bangalore-560026 have Changed our minor daughter name from **AAIRA JANNAT** to **AREEBAH NOORAIN** & Dob is 16-09-2020 vide affidavit dated 20-07-2024 before notary C Sharada B. LLB, B.lore

WE, Ajmal Pasha & Asfiya Begum R/at No 65, 1st Main, 1st Cross, Roshan Nagar, Deepanjali Nagar, Bangalore-560026 have Changed our minor daughter name from **AAIZA JANNAT** to **AFEEFAH KOUNAIN** & Dob is 16-09-2020 vide affidavit dated 20-07-2024 before notary C Sharada B. LLB, B.lore

I, Venkatesh Kamashetty Rathanaiah S/o Kami Setty Rathnaiah R/o No.90, Flat.308, 3rd floor, Grihalakshmi Apts, Southend road, Basavanagudi, Bengaluru 560004 have changed my name to Venkatesh Kami Setty Rathnaiah Affidavit Dt.22/07/2024 notary Harisha G, B'luru

S. Kalavathi Singh r/o Bengaluru and Kala Singh are same name person. Real name **S Kalavathi Singh** DOB 27/09/1952

I, Ranjita Kulakarni Wife Of Sharath S Rao. R/o Flat No: 6a-401, Provident Sunworth Apartments, Kengeri, Bengaluru- 560060 have changed my name to **Ranjitha Kulkarni** Affidavit Dt.20/07/2024 Notary Ravi, Bengaluru

I Purushottama Premarajivelgi Patel S/o Premji Velgi Patel R/o No 1044 Shanthi Nivas 11th Main Hampi Nagar, Rpe Lay out Vijayanagar, Bengaluru, 560040, have changed my name to **Purushotham P Patel** for all purposes.

I A Malathi DOB: 19/06/1948 w/o Gangadharan M R/o #447, 3rd Main, 8th Cross, Coffee Board Layout, Hebbal, Kempapura, Bangalore 560024 have changed my name to **Malathy Anappill** for future purposes.

I Prakashbalaraj S/O, Bhoja Pujari R/o No.40, ground floor, Siddhartharoad, behind police quarters & Zilla Hospital, 1st Cross, vinayakanagara, ramanagara, Karnataka-562159 have changed my name to **Prakashbalaraj**.

I Sabitha S K D/o Kumarasamy R/o 11/4 - 26, Angamuthu Gounder Street, Metter Main Road, Mecheri, Salem, Tamil Nadu 636453 have changed my name to **Sabitha K** for all purposes.

I, Preetam Lama S/O, Karmanangel Lama R/o #81 3rd Cross Khb Colony 2nd Stage Basaveshwaranagar Bangalore 560079 have changed my name to **Preetham Lama** for all purposes.

I Shaik Reshuma Sulthana W/O, Shaik Shafi R/o Flat 105, Sumukha Serenity, B Block, Nyanapahalli Main Road, Devarachikkanahalli, Begur, Bangalore-76 have changed my name to **Shaik Reshma Sulthana**.

GALLERIA

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JUST REACH OUT



It's hard to get back in touch with old friends, but doing so may help alleviate loneliness

Millions of Canadians are lonely. This is worrisome because loneliness, defined by the World Health Organization as "the social pain of not feeling connected," predicts both lower mental and physical health. Research shows that lacking a sense of social connection can pose an equivalent health risk to smoking 15 cigarettes per day.

To combat loneliness, people are commonly advised to seek out social connection. For many, this guidance brings to mind spending time with loved ones, such as close friends, family and romantic partners. But are there other people we can reach out to?

In our research, recently published in *Communications Psychology*, we examined whether people have "old friends" — individuals that they care about but with whom they have lost touch — and how easily these relationships can be rekindled.

We found that certain strategies can help people reconnect — and, in new research, we are getting a sense that certain values and personality traits may make it easier for people to stay in touch far into the future.

Reconnecting with old friends

Across a series of seven studies,

we found the majority of people reported having an old friend. Yet, when we asked over 400 participants how willing they would be to reach out to an old friend right now, most said they were neutral or unwilling. In fact, in one study, people reported being no more willing to reach out to an old friend than they were to talk to a stranger or pick up trash.

This reluctance was observable in behaviour too. We conducted two experiments in which more than 1,000 people were given several minutes to draft and send a message to an old friend. Only 30 per cent sent the message to their old friend.

Given that reaching out to an old friend could boost feelings of social connection and happiness, we tried designing interventions to encourage reaching out. For instance, we reminded participants that reaching out to an old friend was an act of kindness and that the recipient would appreciate it more than they realize. We also tried telling participants not to overthink it — to just send their message. Unfortunately, neither prompt was effective at encouraging more people to reach out.

Reluctance to reconnect

Why are people reluctant to reach out to old friends? There may be a number of reasons, including

the possibility that old friends feel like strangers after time has passed. In one study with over 500 participants we asked people to list between three to five old friends, and tell us how close each one felt to them right now. The more unfamiliar an old friend felt, the less willing people were to reach out.

Research has found that when people practise talking to strangers for a week, they become less anxious about it. If old friends can feel like strangers, might a similar strategy encourage people to reach out to old friends?

To find out, we conducted an experiment in which we randomly assigned some people to complete a three-minute warm-up activity in which they messaged current family or friends. Other participants were randomly assigned to a control condition in which they simply browsed social media for three minutes instead.

Afterward, all participants were given an opportunity to write and send a message to an old friend. While only 30 per cent of participants sent their message in the control condition, over 50 per cent did so after warming-up, suggesting that practising the behaviour that underlies reaching out may make this act easier.

Personality traits

We are extending this research in

a number of new directions. For instance, in some newly conducted and unpublished research, we are examining whether people with certain personality traits or beliefs are more likely to send a message to an old friend.

Responses from over 300 people suggest that people who are open to new experiences — one of the five key personality traits studied by psychologists — say they are willing to reach out to an old friend. Despite this inclination, our research found that highly open people do not necessarily communicate with old friends when given the chance.

On the other hand, people's values and beliefs may be important determinants of whether they stay in touch. Our preliminary work shows that people who see friendship as a bond that does not easily break may be more likely to reach out than others.

We hope this work helps normalise the fact that friendships can fade and be hard to rekindle. That said, with some practice, people can overcome this reluctance and hit "send" to potentially open a path to connection and less loneliness.

(By Lara B Aknin and Kristina Castaneto, Simon Fraser University and Gillian Sandstrom, University of Sussex, *The Conversation*)

MIND, BODY & HEART



All you need to know about...

Coconut oil benefits

1 Antibacterial Properties

The antimicrobial properties of coconut oil are very beneficial for the skin. As it is rich in lauric acid, caprylic acid and other compounds that have antibacterial, antifungal and antiviral qualities, it can help protect the skin from infections caused by bacteria and fungi, and can also be used to treat a variety of skin issues such as acne, eczema, psoriasis and dermatitis. Coconut oil for skin infection is effective because of its antibacterial properties.

2 Reduces Inflammation

Coconut oil's anti-inflammatory action occurs thanks to its content of medium-chain triglycerides (MCTs). MCTs can assist with reducing redness caused by sunburns as well as treat infections since they possess antiviral, antifungal and antibacterial properties. Even though more research needs to be conducted, preliminary studies have reported positive results due to their humectant (moisturising) action against eczema symptoms.

3 Helps Treat Acne

Coconut oil contains lauric acid, which has powerful anti-inflammatory and antimicrobial properties. These properties help reduce the redness and swelling associated with acne while killing bacteria that can cause breakouts.

4 Moisturises Dry Skin

Like other natural oils (such as olive or jojoba), coconut oil easily penetrates the skin's surface layers due to its small molecular structure. Its ability to drive moisture deeper into cells helps keep your skin hydrated and supple.

Coconut oil contains vitamin E (an antioxidant) as well as capric acid, linoleic acid, caprylic acid and others — all of which hold strong moisturising power — lining your skin with a layer of protective moisture is par for the course! This is why one of the best uses of coconut oil is for dry skin. —Femina



MIRRORLIGHTS

Smell of stress from humans could affect dog's emotions, study finds

Dogs too could experience negative emotions, if they 'smell' stress in humans, a study, published in the *Scientific Reports* journal, has found. It is known that the smell coming from a stressed person "subconsciously affects" the mental state of people around, including their emotions and choices.

The study's researchers, however, wanted to find out if dogs too were affected similarly in response to odours from a stressed human.

"Dog owners know how attuned

their pets are to their emotions but here we show that even the odour of a stressed, unfamiliar human affects a dog's emotional state, perception of rewards and ability to learn," Nicola Rooney, a senior lecturer at the University of Bristol, UK, said.

"Working dog handlers often describe stress travelling down the lead, but we've also shown it can also travel through the air," Rooney, lead author of the study, said.

The team tested how a stressed

human affected dogs' learning and emotional state, based on the theory that making 'optimistic' or 'pessimistic' choices indicate positive or negative emotions, respectively.

The authors recruited 18 dog-owner partners to participate in a series of trials involving treats, while being exposed to either no odours or those coming from sweat and breath samples of stressed or relaxed people.

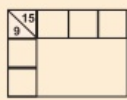
For the trials, the dogs were trained such that a food bowl



placed in one location contained a treat, whereas that placed in another location was empty. —PTI

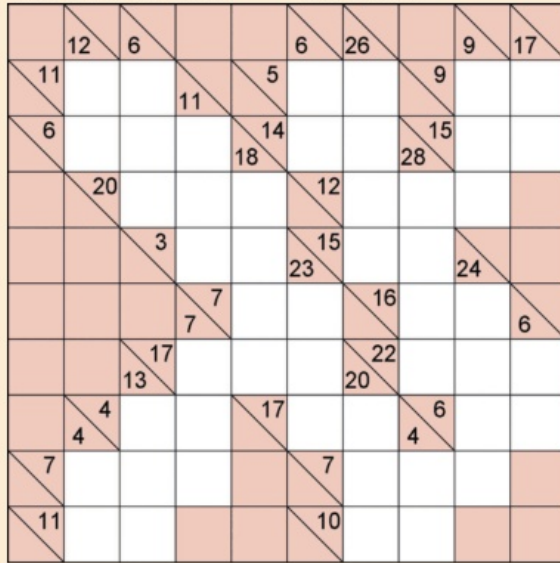
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

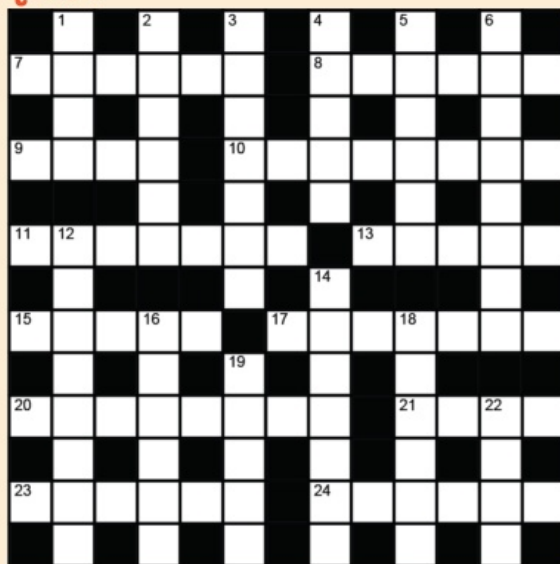


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 7 Weaken (6)
- 8 Polish composer (6)
- 9 Place; stead (4)
- 10 Danger (8)
- 11 Wrestling hold (7)
- 13 Arab country—"ray is" anagram? (5)
- 15 Romany wanderer? (5)
- 17 Young frog (7)
- 20 Momentary (8)
- 21 Everyone separately (4)
- 23 Last Grand Slam tournament of the calendar year (2,4)
- 24 Headwear for bishops (6)

DOWN

- 1 Ever present as a prefix (4)
- 2 Mr Jackson of Hollywood (6)
- 3 Planned undertaking (7)
- 4 Descendant; shoot or twig (5)
- 5 Science of plants (6)
- 6 Don Quixote's famous target? (8)
- 12 Supporter of the monarchy (8)
- 14 Where three rivers meet in Karnataka (7)
- 16 About to drop off (6)
- 18 Ms Zinta of Bollywood and IPL fame (6)
- 19 Article of food (5)
- 22 Kitchen boss (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal G throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS P
ZO DXS FZIM DXSE ALEZY YX CL
JPXFP, TWJXPFLKQL YMTY XO
XYMLE BLXBVL.



Linemaro

Did you get your licence suspended for driving so many guys crazy?



Mindchow

If you have a headache, do what it says on the aspirin bottle: Take two, and keep away from children



Joke of the day

Q: Why did the ants dance on the jam jar?
A: The label said, "Twist to open"

Loop

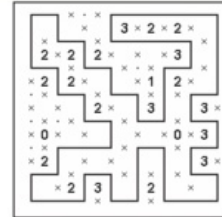
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

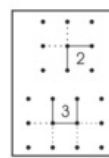
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

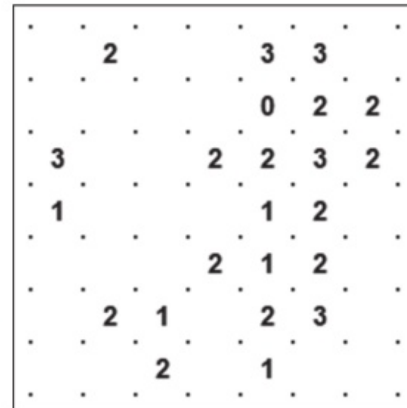
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



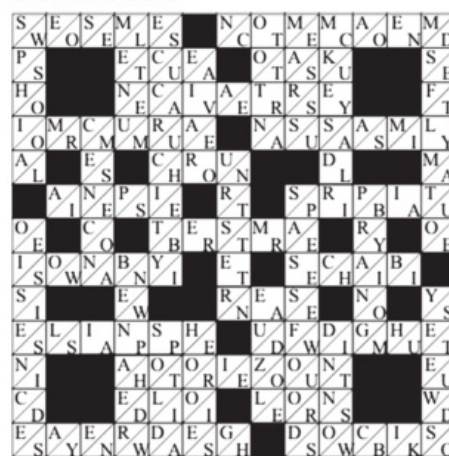
(Fig A)



(Fig B)
Not Allowed



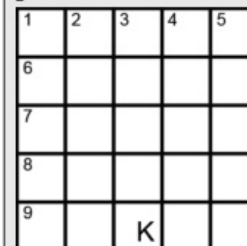
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 As EEC; 6 An nub;
- 7 Bread; 8 Me EEC;
- 9 Brake

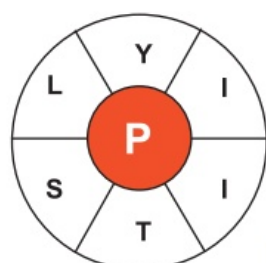
DOWN

- 1 Be cub; 2 Mean E;
- 3 Back A; 4 Erase;
- 5 E nerd

Mensapuzzle

Solve this rebus:

X + Thinking



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge



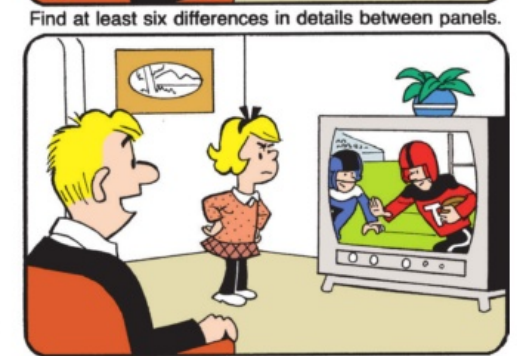
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus



Differences: 1. Plant is reversed. 2. Picture in frame is reversed. 3. Man's nose is different. 4. Back of chair is rounded. 5. Stripe is added to helmet. 6. Goalpost is different.

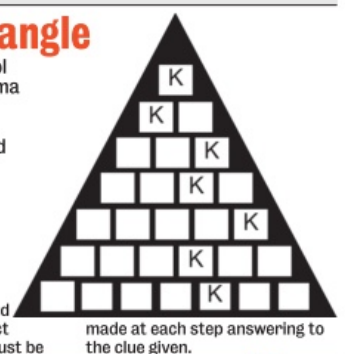
Riddler

I turn my head and you may go where you want. I turn it again, you will stay till you rot. I have no face, but I live or die, By my crooked teeth. What am I?

Alpha triangle

- 1 Potassium symbol
- 2 Epithet for Brahma
- 3 Noah's vessel
- 4 Dissolute dude
- 5 Floorboard sound
- 6 Din
- 7 Shelf support

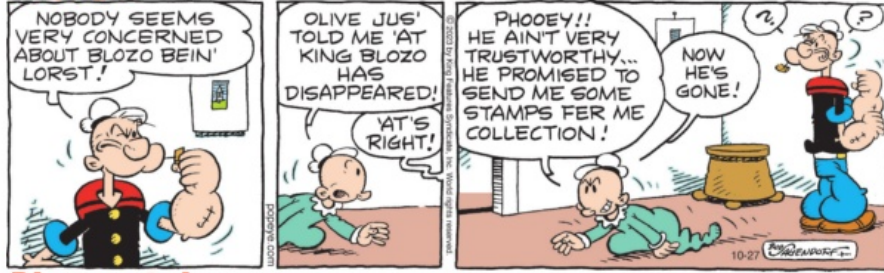
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you may feel dissatisfaction. You may not be able to deal with your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Parents' health may upset you. You may plan to reconstruct your office, it is advised to postpone renovation for some days.



Leo Jul 24 - Aug 23

Today you may be happy and blessed by the moon and you may feel healthy, which may reflect into your way of working. You may perform well in all the areas of life, which may improve your prestige. Your concentration may be very good today. You may take some difficult decisions in your business in terms of growth.



Sagittarius Nov 23 - Dec 22

Today you may feel some positive vibrations around you, which may show you the right path. Your performance on every front may be noticeable. Your destiny is with you. You may plan to visit religious places which is somehow far from your territory. Your inner sense may ask you to do some charity. You may also hear some good news in terms of a grandchild.



Taurus Apr 21 - May 20

Today you may plan to migrate from your current place to another place. It is advised to think twice before taking decisions regarding migration or change of place. You may also plan a change of job. There will be peace in your mind. But your kids health might upset you. It is advised to avoid speculation in the investments. Love birds shall keep patience before taking an important decision.



Virgo Aug 24 - Sep 23

Today your vital power may slow down and your old disease may reappear, which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of litigation as you may settle it out of the jury. You may also plan for short trip.



Capricorn Dec 23 - Jan 20

Today you may feel some internal weakness. Some major health issues may reoccur. You may not be able to enjoy in domestic and professional front. Running projects may stop unexpectedly and it may upset you. You are advised to drive safely. Elders' blessing may help you to come out from messy situations.



Gemini May 21 - Jun 21

Today you may have a good patience. Meditation may help you to increase concentration, which may help to speed up your project. Your subordinates may cooperate with you which may help you to complete the project before the timeline. You may likely to go to some short travels, related to work. An influential person may help you boost your network.



Libra Sep 24 - Oct 22

Today you may start your day with happiness. At work you may take quick decisions, which may increase your management skills. You may expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some amount in your business. Your bonding with your spouse may be increased, which may result harmony in your life.



Aquarius Jan 21 - Feb 19

Today you may feel positive vibration around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long distance travel also. You will have faith in your spouse, which will bring harmony in your domestic life.



Cancer Jun 22 - July 23

Today you may be busy in family get-togethers and social events. You may spend money in buying some artefacts or house hold stuffs which may improve your social status. You may likely hear some good news from one of your relatives.



Scorpio Oct 23 - Nov 22

Today you may be busy at your office due to mental tiredness. You may not be able to give time to your family. With the help of elders' blessings, job seekers may get some high positions. Managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do better.

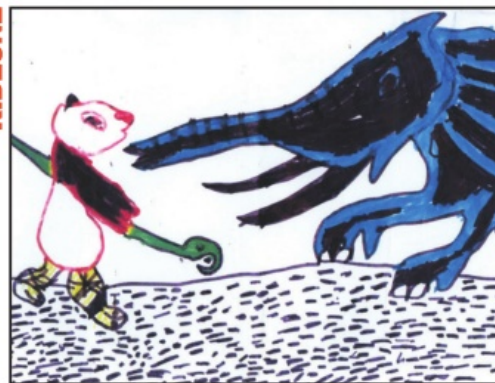


Pisces Feb 20 - Mar 20

Today is a good day for you. Investors may get good gains in their investments, it may boost your financial health. Money which was stuck, may be recovered which may increase liquidity in your business. You may become confident and have control over hidden enemies and opponents. Singles will likely find their match in the same field or work place.



KIDZONE



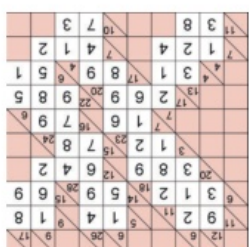
Ajasthya Ajay Murthy, 6 years, National Public School



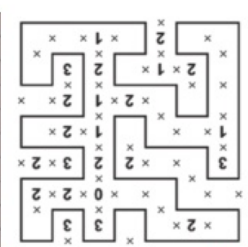
Harsha DA, 14 years, MEG High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

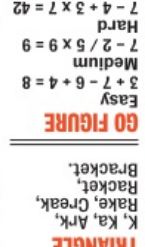
SOLUTIONS



KAKURO



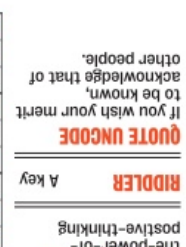
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



BULL'S EYE



FAST FIVE



NEXA

INTRODUCING

INVICTO

THE LEAGUE OF EXTRAORDINARY



INTELLIGENT
ELECTRIC  HYBRID

CREATE. INSPIRE.



INTELLIGENT ELECTRIC HYBRID*



PANORAMIC SUNROOF WITH AMBIENT LIGHTS



2ND ROW CAPTAIN SEATS



POWERED DRIVER SEAT WITH MEMORY FUNCTION



MULTI-ZONE CLIMATE CONTROL (FRONT AND REAR)



ONE-TOUCH POWERED TAIL GATE

Scan to know about the extraordinary INVICTO



SCAN TO CHAT ON WHATSAPP



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CENTRAL BANGALORE: NEXA MUSEUM ROAD (PRATHAM MOTORS PH: 9880006006), **NEXA PALACE** (MANDOVI MOTORS PH: 9886003030),
SOUTH BANGALORE: NEXA KANAKAPURA ROAD (SURAKSHAA CAR CARE PVT. LTD. PH: 9449865622), **NEXA ELECTRONIC CITY** (SURAKSHAA CAR CARE PVT. LTD. PH: 80-25732229, 8884442229),
NEXA JP NAGAR (KALYANI MOTORS PH: 9590990011), **NEXA SARJAPUR ROAD** (PRATHAM MOTORS PH: 9008455550), **NEXA KORAMANGALA** (KATARIA AUTOMOBILES PVT. LTD. PH: 9513363262),
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NEXA WHITEFIELD (VARUN MOTORS PVT. LTD. PH: 9620827474), **TUMKUR:** NEXA SIRA ROAD (SAKETH AUTOMOBILES PH: 9900500051).

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